



Be Safe in the Sun

Stay out of the sun from 10:00 a.m. to 4:00 p.m. when the sun's rays are the strongest and can do the most harm. Find shade during this time of day.

Wear a hat with a wide brim to protect your ears, neck, and face from the sun.

Put on sunscreen 20 minutes before going outside, even on cloudy days:

- Use SPF 30.
- Apply a palmful of sunscreen per person.
- Reapply EVERY TWO HOURS and after swimming, drying off with a towel, or sweating.
- Some children and adults are sensitive to PABA, a chemical used in some sunscreens. It can irritate skin and stain clothing. Choose a PABA free sunscreen to avoid a reaction.

Sunscreen should not be used for babies younger than 6 months. Shade, tightly woven non-white clothing, umbrellas and hats are the best protection.

Never leave kids (or pets) in a hot car! On a warm day the temperature inside a car can reach 120° in just 30 minutes!

Drink plenty of water on hot days. This will help your body stay cool.

Before you buckle-up your children, check the temperatures of seat belts and car seats. Hot buckles and latches can hurt!



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org